

Basic Report 11151, Chicory, witloof, raw

Report Date: July 23, 2019 18:33 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 head 53g | 0.5 cup 45g |
|--------------------------------|------|------------------------|---------------|----------------|
| Proximates | | | | |
| Water | g | 94.52 | 50.10 | 42.53 |
| Energy | kcal | 17 | 9 | 8 |
| Protein | g | 0.90 | 0.48 | 0.41 |
| Total lipid (fat) | g | 0.10 | 0.05 | 0.04 |
| Carbohydrate, by difference | g | 4.00 | 2.12 | 1.80 |
| Fiber, total dietary | g | 3.1 | 1.6 | 1.4 |
| Minerals | | | | |
| Calcium, Ca | mg | 19 | 10 | 9 |
| Iron, Fe | mg | 0.24 | 0.13 | 0.11 |
| Magnesium, Mg | mg | 10 | 5 | 4 |
| Phosphorus, P | mg | 26 | 14 | 12 |
| Potassium, K | mg | 211 | 112 | 95 |
| Sodium, Na | mg | 2 | 1 | 1 |
| Zinc, Zn | mg | 0.16 | 0.08 | 0.07 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 2.8 | 1.5 | 1.3 |
| Thiamin | mg | 0.062 | 0.033 | 0.028 |
| Riboflavin | mg | 0.027 | 0.014 | 0.012 |
| Niacin | mg | 0.160 | 0.085 | 0.072 |
| Vitamin B-6 | mg | 0.042 | 0.022 | 0.019 |
| Folate, DFE | µg | 37 | 20 | 17 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 1 | 1 | 0 |
| Vitamin A, IU | IU | 29 | 15 | 13 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 |

| Nutrient | Unit | 1 Value Per100 g | 1 head 53g | 0.5 cup 45g |
|------------------------------------|-------------|---------------------------------|-----------------------|------------------------|
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.024 | 0.013 | 0.011 |
| Fatty acids, total monounsaturated | g | 0.002 | 0.001 | 0.001 |
| Fatty acids, total polyunsaturated | g | 0.044 | 0.023 | 0.020 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 |

Amino Acids

Other